Timely diagnosis can go a long way in maintaining the health of your loved one.

Persons with Down syndrome are prone to develop conditions such as diabetes, Alzheimer's, sleep apnea and others that require medical attention. Sometimes these may present themselves unusually as behaviour changes or loss of function. Diagnosis in a timely and accurate manner enables effective management and a better quality of life.

Down Syndrome Association (Singapore) has designed this checklist of common medical issues to help practitioners and families keep track of recommended tests and their frequency of administration.



About Down Syndrome Association (Singapore)

DSA(S) is a self-funded voluntary welfare organisation with IPC status, committed to serving persons with Down syndrome and their families and advocating for their needs.

DSA(S) Key Services:

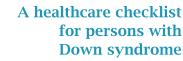
- Family Support Services (FSS) to serve families
- Adult Enhancement Programme (AEP) for adults 18 years and above
- Integrated Facilitation Support Programme (IFSP) for children with Down syndrome in mainstream schools
- Enrichment Programmes for children and adults of various ages

Contact us to learn more about our services, donate to us, or volunteer with us:

Down Syndrome Association (Singapore)

9 Bishan Place, #09-01 Junction 8 Office Tower, (S)579837

Tel: 65009321 Fax: 62550337 Email: fss@downsyndrome-singapore.org Website: www.downsyndrome-singapore.org









You can contribute to the wellbeing of persons with Down syndrome as they age.

Healthcare Checklist for persons with Down Syndrome

	1mth-	1-5	5-13	13-21	21 +
	1yr	yrs	yrs	yrs	yrs
Thyroid function (fT4 + TSH)					
Vision Screening					
Hearing Screening					
Dental Screening					
Track growth (Use Down syndrome-specific growth charts, BMI)					
Enquire about vaccinations; discuss influenza, papilloma virus					
Cervical spine X-ray					
Discuss developmental concerns					
Enquire about obstructive sleep apnea					
Discuss skin issues					
Discuss behavioral challenges, dual diagnosis (i.e. Down syndrome + co-morbidity)		•	•		
Discuss diet and physical activity					
Integrated screening (Hypertension, Hypercholesleretemia, Diabetes mellitus)					
Mammogram, Papsmear, Colonic cancer, Osteoporosis, Dementia					
Enquire about menstrual issues					
AnnuallyOnce	Follow MOH g	guideli	nes		